

HR Contacts –

Below are the **JULY 2017** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



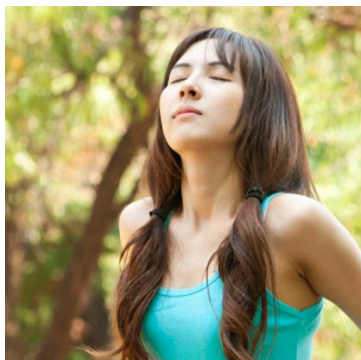
Important News From HealthQuest

Open Enrollment 2018 News

The State Employee Health Plan will post all **open enrollment materials** on our website at www.kdheks.gov/hcf/sehp.htm by October 1 to make the information accessible 24/7.

To request a paper open enrollment book, go to:
www.surveymonkey.com/r/2018OEmaterials
and complete the request form by 7/31/2017.

EAP Quarter 3 Campaign: Mindfulness



Mindfulness: the quality or state of being conscious or aware of something; the mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

Webinar Series:

July 25th at 11am: Developing Creativity

August 22nd at 11am: Being a Team Player

September 20th at 11am: Neuroplasticity: Mental Fitness for Optimal Brain Power

Developing Creativity

In today's increasingly competitive business climate, there is a need for continuous innovation and value added solutions. Individuals and organizations alike are discovering that new ideas have become the global currency of the future. Unfortunately though, as adults, we often limit our thinking and problem solving to fit known patterns and solutions by creating boundaries around our problems and circumstances. Enhancing our creativity can help us break through these boundaries.

<https://attendee.gotowebinar.com/register/7526685238693557763>

If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



The Importance of Sunscreen

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Sunscreen is one of many ways you can protect yourself from the sun's rays. Follow these sunscreen recommendations to help protect yourself and your family.

How sunscreen works. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. Not all products have the same ingredients; if your skin reacts badly to one product, try another one or call your doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or drying off.



<https://portal.rxsavingsolutions.com/#/register>

Check Your Formulary

Members of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply checking their formulary. A formulary, also known as a preferred drug list, is a list of generic and brand name drugs that are preferred by a health plan. Health plans will choose formulary drugs that are just as safe and effective as the alternatives but cost less. Patients can access their formulary through their health plan website or by contacting their health plan by phone. Formularies are reviewed by a team of pharmacists and physicians, and are updated regularly, so it is important for patients to re-check their formulary periodically throughout the year.

Here is an example of how checking your formulary can save you money:

In 2016, SEHP members paid an average coinsurance of \$51.23 for 30 capsules of the stomach acid medication Nexium® 40mg, which is a non-preferred drug. However, SEHP members paid an average coinsurance of \$0.95 for 30 capsules of omeprazole 40mg (generic for Prilosec®), which is a preferred formulary drug, and studies have shown omeprazole to be as effective as Nexium® for treating certain stomach acid conditions¹. That is a savings difference of \$603.36 per year!

Significant savings can be found by switching to a preferred formulary drug. We encourage you to discuss these options with your doctor. It is important for patients to be active participants in managing their health. References: PL Detail-Documents, Comparison of Proton Pump Inhibitors. Pharmacist's Letter/Prescriber's Letter. June 2013.

Naturally Slim Class #4 - Application Window July 24th-August 4th

Class Kicks off August 21st



Have your *steak*
and lose weight too.

Learn how to lose weight and
improve your health while eating
the foods you love.

<https://www.naturallyslim.com/KansasHealthQuest>



Tap into your Water Needs

with the **28 Day Hydration Challenge July 3-31**

Join us for the first HealthQuest 28 Days of Hydration wellness challenge. This Challenge is from July 3 to July 31. You have until August 4 at 4 pm to log your water intake! The goal is 8 servings (1 serving equals 8 ounces) of plain water for a total of 64 ounces daily. Credits will be awarded based off 75% of goal completion.

Drinking enough water every day is important for health. 75% of Americans may suffer from chronic dehydration according to a CBS news report. Each week will have optional tasks related to Wellness activities that will encourage you to stay Hydrated during the heat of the summer.

To sign up, login to <https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp> and click on the challenge bar just below the 5 images. Remember you have until 7/9/17 to sign up.

Only 6 Months Left to earn your 2018 HealthQuest Premium Incentive!

Employees and spouses enrolled in medical plans A and C, you have until Sunday, **December 31, 2017** to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the **premium incentive** of \$480 for 2018.

Plan C members have until Thursday, **November 9, 2017** to complete activities for **HSA/HRA contributions**. After November 9, 2017 all activities will only count as credits.

December 2017 exams need to be reported to SOK by January 31st for credits in the 2017 program year.

Log on to: <https://kansashealthquest.cernerwellness.com/dt/v2/sokindex.asp> to complete your Health Assessment and earn your total credits.

kansashealthquest.cernerwellness.com

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